

arts • gram

A DAILY PUBLICATION OF THE NATIONAL VETERANS CREATIVE ARTS FESTIVAL

TUESDAY, OCT. 22, 2002

LET THE FESTIVAL - AND THE FUN - BEGIN!

The 2002 National Veterans Creative Arts Festival has officially begun, as veterans from around the country converged on Minneapolis. Volunteers Melinda Ashland, Donna Ray and Maggie DeRee welcomed the veterans yesterday as they registered for the week's activities. Early arrivals shared their excitement, anticipation, and artistic achievements as they registered for this year's Festival. Here's what they had to say...

John Hayles – "I was messing around with little pieces, wheel bearings, welding rods, nuts and bolts, and I made a little motorcycle." Encouraged by his mentor, Hayles is a first time entrant in the National Creative Arts Festival, traveling here from Anchorage, Alaska. Hayles is a welder by trade, and also a ceramic artist. He is looking forward to the busy week ahead. Look for Hayles at the interpretive artist's event today at the Minneapolis VA Medical Center- he'll have a ceramic/metal motorcycle on display! "The facilities are great, this is really nice; I didn't expect this. It will be a busy week, lots of running around," Hayles said.

Joe Lyman – "There are wonderful people here – and they're all so kind to me," said Lyman, of Richmond, Va. A veteran performer in the Creative Arts Festival, Lyman is taking a supporting role this year. Recent hand surgery does not allow him to perform on his flute, so this week Lyman will join the chorus in Sunday's show. The highlight of his (CONTINUED ON PAGE 2)



John Hayles registers with a volunteer for the 2002 National Veterans Creative Arts Festival.

WE'RE GLAD YOU'RE HERE!

Welcome to all of our Creative Arts participants! Having served as the National Arts Chairperson for this wonderful event since 1984, it has been a great pleasure for me this past year to be able to finally share the experience with all of my peers - both employees and volunteers - from the Minneapolis VA Medical Center. As the host for this year's event, we have been working very hard all year to make sure this is a rewarding experience for all of our special and talented veterans.

We have many exciting things planned for the week, and we hope that everyone will be able to take advantage of the sights and sounds of the Twin Cities. Minneapolis is truly a great city for this event. The area is

renowned for its cultural and artistic opportunities, and was recently named as one of the best cities in America for businesses to base their corporate headquarters, in large part due to the cultural advantages of the Twin Cities community. It is second only to New York City for number of theaters, and local citizens are strongly supportive of the creative arts. What a perfect location for our gold medal winners and the National Veterans Creative Arts Festival!

We're glad you're here. Please let us know if there is anything we can do to make your stay as comfortable as possible, and enjoy your week!

Katy Ryan

Host Site Coordinator, 2002 National Veterans Creative Arts Festival

LET THE FESTIVAL - AND THE FUN - BEGIN! (CONTINUED FROM PAGE 1)

years of Festival performances was the opportunity to perform in Constitution Hall in Washington, DC. "It's a beautiful auditorium – the historical aspects were very special," Lyman

John Kanoho- This is the third year John Kanoho has been a participant in the National Veterans Creative Arts Festival. "I'm really looking forward to seeing everyone who I have gotten to know over the years," he said. His favorite experience so far is "The flight. It took me 16 hours to get here from Hawaii!" The long trip did not diminish his enthusiasm or anticipation for this year's Festival. Kanohoh is thrilled to perform the patriotic song, "Come Shine Your Light America," a vocal performance that has been included in the Creative Arts Festival for the past seven or eight years.

Kathy Peterson – "I do clay, wood, draw, paint caricatures of people, and

lots of 'one-of-a-kind things,'...fun stuff." Peterson is an eight-year Air Force, and 12-year Marine Corps veteran from Idaho, who served from Vietnam to Desert Storm. A visual artist, she is a first year participant in the Festival, and is showcasing a bowl she turned on a lathe, carving leaves and acorns

around the rim of the bowl. "I heard it (the Festival) is a great experience. You get to go see things like the Mall of the America, and museums. I'm very interested in museums. My grandfather started a museum in Idaho and I was basically his shadow."



Terry Thell registers John Kahono in the Media Center Monday.

FROM THE DIRECTOR'S CHAIR

SOME TIPS FOR YOU!

Take care of your voice.

You'll be singing a lot more than you usually do. To avoid strain and hoarseness do the following:

1. Use "hummy intensity" by feeling the sound fill the spaces in the front of your head. Try humming on an "n" and feel an openness in the area of the face around the nose and eyes. This feeling should be there all the time you sing.
2. Keep an open throat by feeling like you are yawning as you sing. It feels like there's a high arch at the top of the throat.
3. Breathe deeply by feeling the air go deep inside your body, around the waist or below. Your chest should not heave, but the stomach area should expand.

Strengthen Showmanship.

Good showmanship means that you are using everything in your power to make your performance on stage polished and strong. Your directors will show you how, but then you must practice in order to:

- Move confidently, using practiced gestures.
- Look and smile at the audience.
- Stand tall, with a straight spine.
- Accept applause gracefully.
- Exit smoothly, smiling and looking at the audience.

Use Pizzazz.

Pizzazz means, "SELL IT!" It means making everything you do on stage bigger than life. Here's how:

1. Make big, broad gestures, using the whole arm, not just the forearm.
2. Sing and speak with a big, resonated voice.
3. Move and/or dance with dynamic enthusiasm – feel it through your whole body.
4. Smile as broadly as you can.
5. Go overboard with energy.

Trust me, these things will make you a better performer. Ask your friends if they like your new "big" style. The answer will be 100%YES!

-- Paul Dieke

AT THE EASEL

BLOCKBUSTERS PART I

Creative Blocks. Every artist has suffered this problem at least once in their artistic endeavours. Here are some ideas to help you overcome those frustrating mental blocks:

1. Adjust your priorities. It's all about choices. If you're not painting, it's because you've chosen to do something else. It's important at these times to focus on your project. Turn the TV off, and unplug the phone.

2. Lower your expectations. You don't have to paint a winner every time. It's the process that's important. Why face a full sheet of watercolor paper or large canvas every time? Play with small compositions. You might only come up with an idea for a design, but at the very least you'll be creating.

3. Do something art-related every day. You might just need to stoke the fire of creativity by visiting a little gallery or museum. Or take an artist friend to lunch and talk art. Just sorting sketches or photographs, tidying up your studio a bit, or puttering around your art space can sometimes stimulate your interest. Sharpen pencils, play with paint, whatever.

4. Do one thing. Sometimes, we get blocked because the task ahead looks too intimidating. Break it down into individual steps and start with the first one. Sounds too obvious, but the fact is, we let ourselves get psyched by the thought of doing a painting, when all we really need to do is stretch paper or canvas....then make a little compositional sketch....then play with some colors...then do a drawing...you get the idea. Once you get started, you'll probably pick up momentum as you go along. More creativity block breakers to come in tomorrow's issue of **Arts•Gram!**

PUSHING PIXELS

The National Veterans Creative Arts Festival takes a leap into the future as the Digital Art Category makes its' premiere this year. As a result, a workshop is scheduled for today that will take participants on a guided tour through the art of pushing pixels.

The workshop will focus on the use of Adobe Photoshop Elements, and will show how to take an ordinary snapshot, and transform it into something really special.

"My hope is that, after this workshop, participants will see the doors to their imagination flung wide open," says Andrew Scheller, instructor for today's workshop. "When creating art on a computer, there is nothing that is stopping you from making your most astounding idea completely and totally possible."

Attendees at the workshop will get hands-on computer lab experience in the Adobe Photoshop Elements software. Upon completion, attendees will have the fundamental knowledge required to begin creating art digitally.

The Digital Art Workshop will be held at the Minneapolis VA Medical Center Medical Library today, from 1:30 to 4:30 pm.

SO YOU KNOW...

The Hospitality Room, manned by friendly volunteers, offers snacks, soft drinks, juices, and coffee for all Festival participants, staff and volunteers. Open daily from 9 a.m. to 10 p.m., hospitality is offered in room 476.

The Medical Support Room is in room 765. If you have a medical concern or issue, please contact your team leader (identified for you last evening). Medical support has a registered nurse on duty 24 hours a day. You can call the nurse at extension 7765, or go directly to Room 765.



Breakfast

Orange Juice & Cranberry Juice
Scrambled Eggs
Bagels With Cream Cheese
Assorted Muffins
Butter, Jelly & Marmalades
Sliced Fresh Fruit
Assorted Cereals and Milk, Coffee,
Herbal Teas and Milk

Lunch

Tossed Salad & Dressings
Vegetable Pasta Salad
Country Potato Salad
Assorted Deli Meats and Cheeses
Sourdough, Pesto, Multigrain Breads
Sliced Tomatoes, Onions, Lettuce
and Pickles
Cheesecake with Strawberry Topping
Coffee, Herbal Teas & Milk

Dinner

Caesar Salad, Antipasto Salad
Chicken Cacciatore
2 Pastas & 3 Sauces
Diced Tomatoes, Peppers, Black
Olives & Parmesan Cheese
Risotto, Garlic Bread
Herbed Squash Blend
Tiramisu
Coffee, Herbal Teas & Milk



T O D A Y ' S S C H E D U L E

ARTISTS

PERFORMERS

7am

7:30

8

8:30

9

9:30

10

10:30

11

11:30

Noon

12:30

1

1:30

2

2:30

3

3:30

4

4:30

5

5:30

6

6:30

7

7:30

8

8:30

9

9:30

10

10:30

11

Breakfast at Hotel
University Ballroom
7-8:30 am

Team Leaders
meet with Artists
Nolte Room
8:30am

Depart for VA Medical Center

Interaction Session
VA Medical Center
2nd floor Atrium Balcony
9:15-11:45 am

Lunch
VA Medical Center
Canteen
11:45 am-1:30 pm

Workshop: Basic Digital Design
VA Medical Center
Medical Library
1:30-4:30 pm

Dinner
University Ballroom
5:30-6:30 pm

Caricature
Portraits
Nolte Room
7:30-10:30 pm

Karaoke and
Social Time
Faculty Room
6:30-11 pm

Artists Activities
Recreation and
Aquatics Center,
Univ. of Minn.
7 pm

Breakfast at Hotel
University Ballroom
7-8:30 am

Team Leaders
meet with Performers
Alumni Room
8:30am

Individual Acts
Introduced and Performed
Hubert H. Humphry Room
9 am-12 pm

Lunch
University Ballroom
12-1pm

1st Coaching/Costume Fittings/Rehearsal
Hubert H. Humphry Room
1-5:30 pm

Dinner
University Ballroom
5:30-6:30 pm

Chorus Members
Rehearsal
Hubert H.
Humphry Room
7-9:30 pm

Karaoke and
Social Time
Faculty Room
6:30-11 pm

Caricature
Portraits
Nolte Room
7:30-10:30 pm